

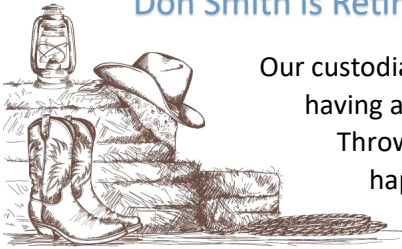
# MURRAY SENIOR RECREATION CENTER

2019

Recreation for 55+

July

## Don Smith is Retiring



Our custodian – Don “Dusty Boots” Smith – is retiring from Murray City on June 30. We will be having a special retirement open house party for him on **Friday, June 28** from **1:00-3:00**. Throw on your best cowboy hat and boots and come wish “Dusty Boots” good luck and happy trails!!

## Director's Message

It is time to get the wood floor in the dining room refinished. There will be no access to the dining room floor during the week of Monday, July 1 through Friday, July 5. The fumes may not be pleasant, so plan on possibly eating your lunch on the patio. Please check the calendar for room changes. Thank you for your patience in this matter. **Tricia Cooke**



## 2019 Special Events

Monday, September 9	Open House
Wednesday, October 16	Oktoberfest
Monday, November 4	Veterans Brunch
Wednesday, November 13	Thanksgiving Meal
Friday, December 6	Holiday Boutique

## Murray Senior Recreation Center



#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday  
Closed**

## Inside this issue:

General Information	2
Education	3
Miscellaneous	5
Calendar of Events	6
Recreation	8
Services	9
Fitness	10
Travel	11
Lunch Menu	12



[www.facebook.com/MurraySeniorRec/](https://www.facebook.com/MurraySeniorRec/)  
[www.facebook.com/MurrayCityUtah/](https://www.facebook.com/MurrayCityUtah/)

## 2019 Center Closures

Thursday, July 4	Independence Day
Wednesday, July 24	Pioneer Day
Monday, September 2	Labor Day
Monday, November 11	Veterans Day
Thursday, November 28	Thanksgiving
Friday, November 29	Thanksgiving
Wednesday, December 25	Christmas

### Murray City Administration

Mayor Blair Camp  
 Parks and Recreation Director: Kim Sorensen  
 City Council:  
 Dave Nicponski, District 1  
 Dale Cox, District 2  
 Jim Brass, District 3  
 Diane Turner, District 4  
 Brett Hales, District 5

### Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Guss
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

### Advisory Board

**Chair:** Ed Houston  
 Christine Clark Richard Clark  
 Brenda Clausen Max Derrick  
 Sandra Jones Jenny Martin  
 Erich Mille Pete Wright

## Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

## Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at [murray.utah.gov](http://murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

**ANIMALS** are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Guss is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is a time provided for comments.

### Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

## Grief Support Class

On **Tuesday, July 2 at 10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

## History Class: Vietnam

On **Tuesday, July 9 at 10:30**, Dr. John Robertson will be presenting his personal slide show from his time as a doctor in **VIETNAM**. John was drafted into USAF in 1966. He served one year in Vietnam and served at Nellis Air Force Base for a year. This is a **free** class. [Register now.](#)

Dr. Robertson has been a resident of Murray since 1964. He attended the University of Utah (undergraduate), University of Pennsylvania School of Medicine, completed his Internship at York Hospital, and a surgery residency at LDS Hospital. He had an anesthesiology residency at the University of Utah and Cottonwood Hospitals for 35 years.

## eBooks and eAudiobooks Class

On **Friday, July 12 at 10:30**, a representative from Murray City Library will teach you how to use **eBOOKS and eAUDIOBOOKS**. Bring your devices (tablet, smart phone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address or a piece of mail with your name and current address. This is a **free** class. [Register now.](#)

## Car Health

On **Friday, July 12 at 10:30**, a representative from Murray City's Fleet Maintenance Department will teach us which **CAR HEALTH** services need to be done on a regular basis to keep vehicles running smoothly. You will learn what you should look for, what you can do to keep your car ready when you need it, and find out what tools you need so you can check your vehicle. This is a **free** class. [Register now.](#)

## Dance Lesson Workshop

The **DANCE LESSON WORKSHOP** will continue through **Monday, July 1 at 1:00-2:00**. *Class will be held on the patio.*

## Earthquake Class

On **Tuesday, July 16 at 10:30**, Maralin Hoff, "The Earthquake Lady," from the State of Utah Department of Public Safety will be at the Center to share her knowledge about how to "safe proof" our homes in the event of an **EARTHQUAKE**. During an earthquake, great movement occurs and you may injure yourself and/or suffer financial hardship. Home owner insurance does not cover damages to flat screen TV's, china, cabinets, curios, household furnishings, etc. You will learn some simple ways to secure wall units and furnishings and how to keep them from falling. She will also teach you to protect yourself from getting hurt. This is a **free** class. [Register now.](#)

## AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, July 23** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

## Vital Aging

Melissa Foulger from Valley Mental Health's **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, July 23 at 10:30**, the wellness topic will be **LIVING WITH LONELINESS**. Loneliness is something musical greats sang about, poets wrote about, and we will discuss! Learn more about how to make new friendships, re-connect with old friends, and find peace within ourselves. This is a **free** class. [Register now.](#)

## Recycling Class

On **Tuesday, July 30** at **10:30**, Mercedes Anto from ACE Recycle and Disposal will be at the Center to discuss ways to improve your **RECYCLING** skills at home and at the Center. All of us can make some small improvements in helping our environment. This is a **free** class. [Register now.](#)

## Talk Saves Lives: Seniors and Suicide

Taryn Hiatt is a survivor of her own attempts as well as a survivor of suicide loss, losing her father in 2002. As a dedicated volunteer for 11 years, she has shared her story and passion to give hope and educate our communities about suicide. Ms. Hiatt is a certified safeTALK, CONNECT Postvention Trainer, and Mental Health First Aid Trainer. She has facilitated hundreds of seminars to many different groups and shared tools to help build resiliency in our communities.

Taryn will present **TALK SAVES LIVES: SENIORS AND SUICIDE** on **Tuesday, July 30** at **10:30**. This is a **free** class. [Register now.](#)

## Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

**CRAFTING WITH SUSAN** has been ongoing since the watermelon project the fall of 2014. Each month it is getting more difficult to come up with something new. With that said, we won't be crafting monthly at the Senior Center. However, if there is something cute, we'll list it in the newsletter with a sample in the display case. Until then, it has been a great opportunity to meet new friends and show a bit of our creative side. - Susan

## Painting Classes

The Fackrells' six-week **WATERCOLOR** class and **ART APPRECIATION** class will be on hiatus until September. The registration dates and class dates will be in the August Newsletter.

Jeanette Morris' **PAINTING** class will continue through **Wednesday, August 21** at **9:00-12:00**. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

## Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. [Registration and payment needed in advance.](#)

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. [Registration and payment needed in advance.](#)

Glen Sisam's six-week **GENEALOGY** class will start a new session on **Wednesday, August 7** through **Wednesday, September 11**. This is a **FREE** class. [Register now.](#) Space is limited to six participants.

## Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or the cash box located in the Computer Lab).

## Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

The troupe will occasionally perform their new plays at **12:30** between lunch and bingo on Fridays.



## Summer Family Concert Series

Please note the schedule below for our 2019 Summer Family Concerts that are held on the **2nd Monday** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

**Monday, Jul 8**      **JERSEY STREET** (country)  
**Monday, Aug 12**    **COMPANY B** (jazz)  
**Monday, Sep 9**     **GREAT BASIN STREET BAND** (jazz)

### Family Concert: Jersey Street

**JERSEY STREET** consists of Robyn Green (vocals and bass guitar), Lorenzo Verde (vocals and guitar) and Jay Lawrence, drummer extraordinaire! Formed as of late, they have been playing music on and off since the 80s. They will be playing some favorite country songs with sweet harmonies and quick pickin'!



## Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

*A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!*

## Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, July 8** and **22** from **10:30-12:30**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

## Murray Senior Rec Center's Golf League

**GOLF LEAGUE** tournaments are for players 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play. The initial golf league fee is **\$7**.

Registration (reg) begins the Friday before the tournament prior and the payment deadline (dl) is the Monday prior to the scheduled tournament.

July 15	7:30	Glenmoor	\$41	reg 6/21	dl 7/8
July 29	8:00	Mountain Dell	\$51	reg 7/12	dl 7/22
Aug 12	8:00	Old Mill	\$43	reg 7/26	dl 8/5

## Pickleball Tournament

If you play Pickleball or want to play Pickleball, join us for a fun, free "Blind Draw" **PICKLEBALL TOURNAMENT** on **Thursday, August 1** on our outdoor Pickleball courts. Prizes will be given for the top teams. This is for Murray Senior Recreation Center participants only. We will draw the teams out of a hat and play starts at **8:30**. When not playing, enjoy finger foods and drinks on the patio. This is a **free** tournament. Register now. **Tournament registration deadline is Thursday, July 25.**



## Paint Your Heart Out

Do you know a homeowner in Salt Lake County whose house could use a fresh coat of paint? Are they elderly, disabled, or low income? Every year NeighborWorks Salt Lake coordinates dozens of volunteers to paint homes for free. **This year's Paint Your Heart Out is scheduled for Saturday, August 10.**

To recommend a home, go to [www.nwsaltlake.org/paintyourheartout.html](http://www.nwsaltlake.org/paintyourheartout.html) or call Jasmine Walton at 801-539-1590.





## Monthly Calendar

# 2019

### Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior  
-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**

MONDAY	TUESDAY
9:00 NIA ( <i>east conference</i> ) 10:15 Pickleball ( <i>outside only</i> ) 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Strength and Balance Class 12:30 Personal Training 1:00 <b>Dance Lessons</b> ( <i>patio</i> ) 1:00 Movie: <b>Moonraker</b> 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 <b>NO</b> Line Dance 10:30 Tai Chi 10:30 <b>Grief Support Class</b> 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 <b>NO</b> Beginning Line Dance
9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 10:30 <b>Brunch Café</b> 11:00 Bridge Lessons 12:30 Strength and Balance Class 12:30 Personal Training 1:00 Movie: <b>Captain Marvel</b> 2:00 Strength Conditioning 7:00 <b>CONCERT</b> Jersey Street	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>History Class</b> 11:30 Lunch / 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:30 <b>Attorney Consultation</b> 2:00 Beginning Line Dance
7:30 <b>GOLF:</b> Glenmoor 9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Strength and Balance Class 12:30 Personal Training 1:00 Movie: <b>Love at First Bark</b> 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>Earthquake Class</b> 11:30 Lunch 12:00 <b>Medicare Counseling</b> 12:00 <b>Utah Sports Hall of Fame</b> 12:30 Canasta 12:45 Crafters 1:00 NO Computer Help 2:00 Beginning Line Dance
9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 10:30 <b>Brunch Café</b> 11:00 Bridge Lessons 12:30 Strength and Balance Class 12:30 Personal Training 1:00 Movie: <b>Winchester '73</b> 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 <b>Smart Driving</b> 10:30 Tai Chi / <b>Vital Aging</b> 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
8:00 <b>GOLF:</b> Mountain Dell 9:00 NIA 10:15 Pickleball 11:00 Bridge Lessons 12:30 Strength and Balance Class 12:30 <b>NO</b> Personal Training 1:00 Movie: <b>Rear Window</b> 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>Recycle Class</b> 10:30 <b>Talk Saves Lives Presentation</b> 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance

WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 <b>Blood Pressure</b> 11:15 Chair Aerobics 11:30 <b>Birthday Wednesday Lunch</b> 12:45 <b>Patriotic Bingo (ceramics)</b> 1:00 Bridge (<i>west conference</i>)</p> <p style="text-align: right;"><b>3</b></p> 	<p style="text-align: center;">   <b>CENTER IS CLOSED</b> </p> <p style="text-align: right;"><b>4</b></p>	<p>9:00 <b>NO</b> Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo (<i>ceramics</i>) 1:00 Bridge (<i>west conference</i>)</p> <p style="text-align: right;"><b>5</b></p> 
<p>9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge</p> <p style="text-align: right;"><b>10</b></p>	<p>8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>Utah Festival Opera</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance</p> <p style="text-align: right;"><b>11</b></p>	<p>9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>eBooks and eAudiobooks</b> 10:30 <b>Car Health</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge</p> <p style="text-align: right;"><b>12</b></p>
<p>9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge</p> <p style="text-align: right;"><b>17</b></p>	<p>8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance</p> <p style="text-align: right;"><b>18</b></p>	<p>9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>TUG Program Class</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge</p> <p style="text-align: right;"><b>19</b></p>
<p style="text-align: center;">   <b>CENTER IS CLOSED</b> </p> <p style="text-align: right;"><b>24</b></p>	<p>8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>Utah Festival Opera</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance</p> <p style="text-align: right;"><b>25</b></p>	<p>9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge</p> <p style="text-align: right;"><b>26</b></p>
<p>9:00 <b>NO</b> Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 <b>Advisory Board Meeting</b> 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge</p> <p style="text-align: right;"><b>31</b></p>		

## Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday at 11:00**.

**BRIDGE** play is on **Wednesday and Friday at 1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

**CANASTA** is played on **Tuesday at 12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

**PINOCHLE** tournaments are held on **Wednesday at 9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

## Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

## Bingo

**BINGO** is played every **Wednesday and Friday at 12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

**NOTE:** The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

There will be a **Special Patriotic Bingo** on **Wednesday, July 3**.

## Monday Movie

Join us on **Mondays at 1:00** for a **free MOVIE** and popcorn!



### MOONRAKER

Monday, July 1  
1979 / 126 minutes  
British Spy



### CAPTAIN MARVEL

Monday, July 8  
2019 / 124 minutes  
Superhero



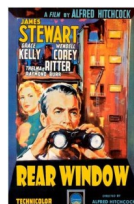
### LOVE AT FIRST BARK

Monday, July 15  
2017 / 84 minutes  
Romantic Comedy



### WINCHESTER '73

Monday, July 22  
1950 / 92 minutes  
Western



### REAR WINDOW

Monday, July 29  
1954 / 112 minutes  
Mystery Thriller

## Evening Social Dance

**DANCE** to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, and Kneaders Bakery and Café.



## Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00** to **11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

## Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00** to **4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

## Blood Pressure

Community Nursing Services will be providing **free BLOOD PRESSURE** screenings on **Wednesday, July 3** from **10:30** to **12:00**.

## Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, August 29** from **9:30** to **12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration begins Thursday, July 25.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

## Walking Club: Destination San Francisco

Get fit and have fun with the **CENTER WALKING CLUB**. The benefits of walking include improving cardio fitness, lowering blood pressure, and slowing the aging process. This summer we will be "walking to San Francisco (743 miles)." Cost of the program is **\$12** and all participants will receive a t-shirt, pedometer, and monthly calendars to track their progress. Register now and start walking for fitness.

## Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday (usually) each month. Kyle Barrick will be here on **Tuesday, July 9** from **1:30** to **3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

## Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, July 16** from **12:00** to **2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

## TUG Program

On **Friday, July 19** at **10:30**, Teresa Brunt from Intermountain Medical Center will be at the Center to present the **TUG PROGRAM**. Elderly falls are the second leading cause of trauma at Intermountain Medical Center. Falls can be a life-ending event for many people. Preventative measures can be put in place to help decrease the risks. The TUG is a tool that identifies if an individual has an increased risk for falls. This is a **free** class. Register now.

## Weekly Transportation

**WEEKLY TRANSPORTATION** to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

## Exercise Classes

### GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

### CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

## Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

### Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

## Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach a **STRENGTH AND BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

Chakra Meditation will continue through **Monday, July 22** at **10:30-12:00**. A new eight-week session will begin on **Monday, August 12** through **Monday, October 7**. The cost is **\$20** for the session or **\$3** per class. [Register now.](#)

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

## Utah Festival Opera

We will be making two trips to Logan for the **UTAH FESTIVAL OPERA** to see matinee performances of *Mary Poppins* on **Thursday, July 11** and *The Marriage of Figaro* on **Thursday, July 25**.

Both trips leave at **9:30** and we will have lunch at the Bluebird (on your own) then see the show at 1:00. The cost of each trip is **\$60**. If time allows, we will visit the Gossner Cheese Factory. Registration began Tuesday, June 18.

## Utah Sports Hall of Fame

The **UTAH SPORTS HALL OF FAME** has recognized the achievements of those representing Utah's sports heritage since 1967. After years of work, a new Utah Sports Hall of Fame Museum was opened in the City Creek Mall as a permanent home to honor those who excelled in sports in Utah.

The Center bus will depart on **Tuesday, July 16 at 12:00**. We will visit the City Creek Mall food court where lunch will be on your own, then we will tour the museum with Rod Young, who works at the museum. Cost of the trip is **\$6**. Register now.

## Springville World Folkfest

Travel to the **SPRINGVILLE WORLD FOLKFEST** on **Thursday, August 1 at 5:00 pm** and we will return at approximately 11:00 pm. Cost is **\$15** and includes transportation and entrance to the Festival. Dinner cost is on your own. Bring a lawn chair and umbrella or hat. Registration begins Tuesday, July 9.

The Folkfest brings the color and excitement of traditional folk dance and music from around the world to Springville. Prior to the main performance, we will sample a variety of international foods and craft booths.

## Payson Salmon Supper

Join us for the 65th annual **PAYSON SALMON SUPPER** on **Friday, August 2**. We have chartered a 52-passenger bus that will depart at **2:30** and the cost is **\$30**. Registration begins on Tuesday, July 2.

Thousands of pounds of fresh Alaskan salmon are flown in to Payson City for this hearty meal of fine-grilled salmon (cooked by local firemen) and served with a baked potato, sweet local corn on the cob, salad, and dessert. Musicians and singers serenade the crowd waiting in line.

## Wendover

Travel to **WENDOVER** on **Thursday, August 8**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30 am** and return that evening at approximately **7:00 pm**. Register now.

## Utah Shakespeare Festival






We will charter a bus to visit the Tony Award-winning **UTAH SHAKESPEARE FESTIVAL, August 26-28**. Join us as we see three plays this year—*Every Brilliant Thing*, *Hamlet*, and *Macbeth*.

The cost is **\$400** per person (double occupancy) or **\$500** (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty's and Milt's, and three plays.

Registration began Tuesday, June 25. A minimum \$50 deposit is required for each participant to register for the trip. **Trip payment in full required by Friday, July 19 at 4:00.** Travelers may register for themselves and one other person.

Cancellations must be made prior to Friday, July 19 for a full refund. After July 19, trip refund amounts will be on a case-by-case basis.

# JULY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>NO LUNCH</b>	2 <b>COUNTRY FRIED STEAK</b> Mashed Potatoes and Gravy Corn Oreo Dessert	3 <b>TATER TOT CASSEROLE</b> Beets Roll Birthday Cake and Ice Cream 	4  <b>CLOSED</b>	5 <b>BAKED HAM</b> Scalloped Potatoes Roll Banana Bread
8  <b>10:30 - 12:30</b>	9 <b>MEATBALLS</b> Herb Rice Roll Yogurt Parfait	10 <b>CHEESEBURGER</b> Tater Tots Side Salad Carrot Cake	11 <b>FIESTA LIME CHICKEN</b> Black Bean and Corn Salad Pico de Gallo Churro	12 <b>GARLIC BROWN SUGAR GLAZED SALMON</b> Peas and Biscuit No Bake Peanut Butter Bars
<p>Lunch is served Tuesday-Friday between <b>11:30-12:30</b>  <b>Main Entrée fee is \$4</b>            Make your lunch selection and then pay the lunch cashier            Sandwiches, soup, or salads available as alternatives            Prices range from <b>\$2-\$4</b></p>				
15 <b>NO LUNCH</b>	16 <b>BAKED CHICKEN</b> Baked Beans Potato Salad Sugar Cookie	17 <b>SHRIMP ALFREDO</b> Roll Cucumber and Tomato Salad Cinnamon Rolls	18 <b>BEEF STROGANOFF</b> Roll Green Beans Mousse Cup	19 <b>PULLED PORK SANDWICH</b> Onion Rings Coleslaw Ice Cream Bar
22  <b>10:30 - 12:30</b>	23 <b>CHEESY CHICKEN AND RICE CASSEROLE</b> Broccoli Salad Oatmeal Raisin Cookie	24  <b>CLOSED</b>	25 <b>HOMEMADE PIZZA</b> Garlic Bread Side Salad Fruit Cup	26 <b>BACON MEATLOAF</b> Roasted Red Potatoes Glazed Carrots German Chocolate Cake
29 <b>NO LUNCH</b>	30 <b>TILAPIA WITH LEMON DILL SAUCE</b> Pasta Salad Fresh Fruit Chocolate Chip Cookie	31 <b>GOULASH</b> Green Beans Biscuit Brownie		